



Fall/Winter 2023-2024

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850 (240) 314-8750

www.rockvillemd.gov/swimcenter



City of
Rockville
Get Into It

The Rockville-Montgomery Swim Club is a year-round USA Swimming, Inc. affiliated age-group and senior swim team. The team has been recognized by USA Swimming as an elite Gold Medal Team, and as the #1 team in the USA Swimming Virtual Club Championships on more than one occasion. RMSC is also an "Elite Founder Member" of the International Swimming Hall of Fame. The team competes in the Potomac Valley Swimming (PVS) Local Swimming Committee of USA Swimming. RMSC has continued to succeed in the water at levels of competition. The team has been able to swim several championship levels meets, including Potomac Valley championships and the NCSA Senior and Age Group National Championships, along with our national and regional events. The team hosted our annual Maryland State Long Course Championship Meet in June.

Swimmers, ages 5 and above, that meet the group's prerequisites and are interested in competitive swimming are welcome at RMSC. The highest priority of the program is to provide an excellent opportunity for all participants. Highly qualified, experienced coaches are always on deck and in charge of every lane for each practice group. The lowest swimmer-to-coach ratio is often found in the younger developmental groups, where each coach handles only a few lanes of swimmers at a time. RMSC's reputation for excellence in developing swimmers of all skill levels speaks for itself. In fact, most of the members of the elite National Training Group have progressed all the way through the RMSC age-group and senior level programs. While other teams have come and gone, RMSC has consistently maintained its status as one of the top teams in the U.S. over the past 50+ years.

RMSC graduates are spread throughout the nation representing many NCAA teams. More than 400 of our swimmers have received full or partial scholarships. RMSC is proud of our fine scholar-athletes. Additionally, RMSC is well represented in the summer league competition each season. In 2021, for example, RMSC swimmers won many individual events in the MCSL Long Course Invitational and All Stars. Our swimmers form the backbone of many of the most successful summer clubs in the MCSL, CCSDA, and PMSL.

This flyer is designed as an introduction and guide to the RMSC Swim Team at its Rockville practice site. It answers the questions most frequently asked by new members of the team. If, after reading this, you have any questions or individual concerns, please contact Head Coach Dave Greene at the Swim and Fitness Center: (240) 314-8755 or dgreene@rockvillemd.gov.

**See Page 2 for important
registration deadlines!**

Most new swimmers who begin in the fall/winter season join the team between the ages of 5 and 12. At the novice level, the emphasis of workouts is geared toward improving stroke mechanics, starts, turns; and building strength, endurance, and mental discipline to help develop the swimmers' skills and competitive attitudes. The staff makes a special effort to keep the pressure at a relatively low level in the hope that all swimmers will enjoy their experience at RMSC.

At the advanced level, the emphasis becomes more directed toward the perfection of stroke mechanics as well as vigorous conditioning, with the goal of qualifying for the Potomac Valley Senior Championships, the Junior National Championships, the USA Swimming National Championships, and ultimately Olympic Trials and the Olympic Games. For those older swimmers who have not chosen swimming as their single sport, or for those whose goals are more geared towards high school/summer league competition, we provide the opportunity to participate in a quality program with a lesser commitment.

The RMSC swim team at Rockville Swim and Fitness Center is a program offered by the City of Rockville Department of Recreation and Parks. For competing in the local association of USA Swimming, "Potomac Valley Swimming," the Rockville team is combined with similar programs sponsored by the Montgomery County Recreation Department. This merger allows each program to operate independently but compete jointly to the mutual benefit of the participants in each program. The Rockville-Montgomery Swim Club combines the talent and resources of both programs to be an effective participant in USA Swimming at the local, regional, and national levels.

Due Dates for Registration and Program Fees

Due to the popularity of our program and the need to maintain appropriate group sizes, the following due dates for registration and payments are in place to ensure that returning swimmers have priority in registration, as well as to allow for new swimmers to join the program on a space available basis. Be sure to register (or try out) as early as possible to secure a space in the program. In addition to fees paid to the City of Rockville and RMSC Parents' Club, Inc., a registration fee will be due directly to USA Swimming. See page 8 for more details on fees.

Current Swimmers enrolled in the RMSC Rockville Site Spring-Summer 2023 or Fall 2022 - Winter 2023 Session	New Swimmers who have completed a try-out on, 7/24 or 7/26 (see page 9) and have been selected for the team.	8/14 and Onwards: Registration <u>ONLY</u> on a <u>space available basis</u> for returning swimmers or new swimmers who have been selected.
Register starting 7/24 and before 8/13 with a reserved spot. Availability for returning swimmers is not guaranteed after 8/13	Register after being notified of acceptance and before 8/13 . Availability not guaranteed after 8/13.	*Note that registration must be completed, and all fees paid prior to a swimmer beginning practice*

GENERAL INFORMATION

Coaches:

A major factor in RMSC's consistent excellence over the years has been the stability and quality of the coaching staff.

DAVE GREENE: (ASCA Level 4) is the Head Coach of the Rockville site. Dave is the 2008 Potomac Valley Age Group "Coach of the Year", 2015 and 2019 American Swim Coaches Association Age Group "Coach of the Year" finalist and two-time Montgomery County Public School "Coach of the Year." Dave returns for his 44th year at Rockville and was recently inducted into the MCSL Hall of Fame. Dave works predominately with our age group program and oversees all the program's operations. He will be focusing on the Select Junior and Advanced Seniors Group this season.

MARK ELDRIDGE: (ASCA Level 5) is in his 42nd year with RMSC and will be coaching our NTG program. Mark ("Mel") was a coach at the 1991 National Olympic Festival. Mel also coordinates club related matters with the Montgomery County Recreation Department sites.

JERI KICHOUKOVA: (ASCA Level 3) is in her 26th year with RMSC-Rockville, after several years at the RMSC-Germantown site. Jeri swam collegiately for Clemson University. She coached Country Glen and Quince Orchard in the MCSL and was the Quince Orchard High School Head Coach. Jeri will be working mostly with our 12-years & under swimmers. She will be the Instructional Stroke School (ISS) Head Coach.

CHELSEA YEATMAN: joined the RMSC Rockville coaching staff in the Fall of 2007. During her time here, she has worked with all age groups and skill levels within our program. Over the years, she has also worked as a lifeguard, personal fitness trainer, swim instructor, as well as helped to develop the Swim Team Prep classes in our learn-to-swim program at our facility. Chelsea's primary focus this season will be as the Head Coach of the Senior Developmental Group.

WENDY LEE: will be our Junior 1 Head Coach. She has many years of experience coaching with RMSC and was previously the Head Coach for the Instructional Stroke School Coach.

MALLORY NIEMCZUK: will be returning as our Junior 2 Head Coach. She has previous experience coaching our younger age groups for more than five years.

MARY MASSOUMI: (ASCA Level 2) is in her 8th year coaching at Rockville and will be our Senior Group Head Coach. She holds a master's degree in sports management from Georgetown University. Mary participated in both domestic and international competitions in various sports.

AKSHAY GANDHI, CARA CHUANG, PATTY BOYD, BEHZAD KHABAZIAN, EMMA COGGINS, KELLY VELASQUEZ, MIAH LOPEZ and RYAN NIEMCZUK: will round out our staff. They will be coaching our Advanced Senior, Senior, Junior, and ISS Groups.

Club Operation:

Except for the paid coaching staff, the team is run by volunteers. Members (swimmers and parents) are expected to participate in the organization and functioning of the team; help raise funds necessary to operate the team; provide officiating and management for swim meets; and participate in organizing "special" team functions. Team dues provide only a portion of the team's budget. The RMSC Parents' Club, Inc. provides the organizational apparatus for the remaining needed team support.

Pools:

The team conducts workouts in two indoor and one outdoor pool at the facility:

RSFC SOUTH POOL: the original indoor pool, recently renovated (25 yards)

RSFC NORTH POOL: the larger of the indoor pools at Rockville (25 meters)

RSFC FIT POOL: the outdoor Olympic sized pool (50 meters x 25 meters)

All RMSC – Rockville practices in this flyer are held at the Rockville Swim and Fitness Center.

If individuals are interested in joining the RMSC program at other sites, they should inquire at the alternate site directly.

Workouts:

At all novice level workouts, two to three coaches will be on deck. One or two coaches usually handle Senior/advanced level workouts. Generally, each practice group will be divided among the coaches on deck so that small groups are created within the larger practice group, allowing necessary individual attention to be offered to each swimmer.

Each practice group has recommendations for attendance set by the coaches. It should be stressed that these recommendations are generally minimums. In general, the more practices per week a swimmer attends, the more improvement the swimmer will attain. Obviously, there will be some weeks during the season when these recommendations are not possible due to illness, school, or family conflicts. This is not a problem, if the coaches are kept informed.

PROMPT, ON TIME, and REGULAR attendance of workout sessions by all swimmers is critically important to the smooth operation of each practice group and will benefit all group members. It is the responsibility of each swimmer to keep the carpool drivers organized to arrive ON TIME.

Strength and Conditioning Programs:

All 13-Over swimmers and our Select Jr. Group are urged to take advantage of RMSC's strength program, conducted on site by trainers from Healthy Baller and our coaching staff. The Healthy Baller program will be provided on site for the NTG and Select Jr. Group programs. Lee Sommers, who is a professional trainer and has worked with swimmers and other athletes for many years, will conduct the training. The strength program is designed to increase strength in all muscle groups and to aid in injury prevention. The program is not designed to increase bulk, as this would be counterproductive to swimming. Schedules for strength programs (for certain groups) will be provided by the coaches. Strength and Conditioning Programs for the Senior Developmental, Senior and Advanced Senior groups will be conducted by RMSC coaches.

Parental Observation of Workouts:

Parents/Guardians are encouraged to come and watch their children during workouts, on SUNDAYS, MONDAYS AND/OR TUESDAYS ONLY. Special arrangements to watch a practice can be made by talking to a coach ahead of time.

Transfers:

Swimmers transferring to RMSC from another USA Swimming club should visit the USA Swimming "SWIMS 3.0" website to initiate the transfer process, in conjunction with contacting Head Coach Dave Greene at dgreene@rockvillemd.gov to be evaluated for a group placement.

Swim Meets:

Potomac Valley Swimming (PVS), as the local swimming committee of USA Swimming organizes and conducts a full schedule of swim meets during the season at area pools, including RMSC sites. Many RMSC parents are actively involved in managing this meet schedule.

Swim meets are classified into "OPEN", "AGE GROUP", "MINI", and "SENIOR" categories. Generally, there is one meet in each category conducted during each month throughout the season. In each one of the swimmer's different events, he or she is classified per speed in one of these categories.

The youngest official age-group in United States Swimming is 10 & under. PVS conducts "Mini-Meets" however, which are classified into 8, 7, and 6 & under age-groups. For our 8 and under swimmers, RMSC organizes several intra-squad meets amongst all 5 of the local RMSC practice sites, to increase team interaction as well as ease the travel burden to meet sites. In addition to regular classified meets, PVS hosts special meets (relays, odd-age, etc.) in which RMSC swimmers participate. Meets are generally held on Saturdays and Sundays with a few exceptions.

As a rule of thumb, each RMSC swimmer is asked to plan his/her meet participation so that they swim a minimum of one and a maximum of two meets per month. Meets are an extremely important part of each swimmer's learning process, as they provide a concrete measure of a swimmer's progress. However, too many meets in too short a period will wear out one's ability to prepare for a top performance. When registering swimmers for a meet, swimmers and parents should ensure that their participation in that meet is supported by RMSC, by checking with the coaches (meet entries may be adjusted at the coaches' discretion). In addition to PVS competition, RMSC swims in dual meet competition from time to time against local and out-of-town clubs. The team also conducts a regular series of time trials and intra-squad meets during the season.

Transportation and Carpools:

It is the responsibility of each swimmer to provide his/her own transportation to and from practice sessions and local meets. All families are strongly encouraged to consider forming carpools with

other families in their neighborhood. Parents/guardians are responsible for the supervision of their children before and after practice.

Email Communication:

To keep all families up-to-date on swim meets and all team functions, the coaches communicate via email. These emails contain valuable information for all swimmers and parents at RMSC - Rockville. Additionally, the communication may contain time-sensitive information on upcoming events and meets, schedule changes and a quick review of the past week. If you notice that you are not receiving communications, email your swimmer's head coach and/or Head Coach Dave Greene at dgreene@rockvillemd.gov from your current email address.

Summer League Swimming:

Most our swimmers began their careers in the MCSL and CCSDA leagues. We encourage our swimmers to continue to represent their summer clubs each year while attending summer long course workouts at RMSC.

Traveling Senior Team:

Each year, our National Team travels to regional and national level meets. Swimmers who qualify to make the trip(s) to the USA Swimming National Championships, US Open Swimming Championships, and Junior National Championships are supported by the team to the greatest extent possible in the form of partial or full reimbursement for travel and room expenses. The National Team also receives team suits, uniforms, and equipment through an arrangement with our sponsor.

Swimmer's Conduct Expectations

Participation in the Rockville-Montgomery Swim Club requires a high level of skill and commitment. Swimmers are expected to show respect and courtesy for their teammates, coaches, and self by arriving for practices on time, refraining from socializing during practices, and by putting in the expected level of effort into each practice. Swimmers (and parents) are expected to follow facility rules and staff instructions.

Spaces in the invitational groups (National Training Group, Advanced Senior Group, Select Junior and Junior 1) are limited. To earn a space in an invitational Group, the following criteria are considered:

- 1) The recommendation of the swimmer's previous coach and the acceptance of the invite group's coach.
- 2) Documented competition times and work ethic, with age consideration
- 3) The ability to meet practice requirements and complete practice sets.

- 4) Final decisions regarding acceptance to invitational groups are made by the group's coach.

For swimmers in the invitational groups, athletes are expected to participate in the minimum number of practices per week required for the group and to represent the team at meets as agreed upon with the coach. Swimmers in invitational groups are expected to be good role models for younger and beginner level swimmers on the team. If a swimmer in an invitational group is not performing to expected standards, the swimmer may be moved to another group assignment appropriate to their level of commitment and performance.

Minor Athlete Abuse Prevention Policy (MAAPP)

The Rockville-Montgomery Swim Club, as a USA Swimming member club is required to implement the MAAPP in full. **Families must review the policy and comply with applicable sections.** The MAAPP must be reviewed and signed with acknowledgement submitted to RMSC on an annual basis. For more information and to review the required policy visit www.rmscswimming.com/safesport or <https://www.usaswimming.org/Home/safe-sport>. In order to complete team registration, you will be required to acknowledge and agree to adhere to all the MAAPP policies.

RMSC Fees – Three Fees Required

Registration Fee:

Registration Fees cover all meet entries, coaches' training and professional development and assists with the purchase of competition related equipment among other expenses. **For those who register prior to 8/13, the fee also includes an Arena RMSC team suit, 2 RMSC latex caps, and 2 RMSC T-shirts.** Please be sure to include the swimmer's [suit size](#) as well as T-shirt size on the registration form. Outfitting will be distributed in mid-September. Swimmers participating in the RMSC-Rockville program must pay their registration per the schedule on page 2. Early registration is encouraged. Registration fees are non-refundable and cannot be prorated. **Checks are the only method of payment accepted for registration fees and must be made payable to: RMSC PARENTS' CLUB, INC.**

Group	Fee (by CHECK Only)
National Training (Includes fee for dry-land training)	\$695
Advanced Senior	\$405
Select Junior	\$380
Senior, Senior Development, Junior I and Junior II	\$280
Instructional Stroke School ("Mini's")	\$220
High School Training Program	\$150

Program Fees:

The Fall 2023 – Winter 2024 RMSC program runs from Monday, August 28th, 2023, to Friday, March 22nd, 2024. Program Fees are based on a swimmer's practice group and on their membership status at

the Rockville Swim and Fitness Center. Winter and Annual membership pass holders receive a 15% *discount* on program fees. Note that the swimmer's membership pass cannot expire prior to the last day of practice. These fees are payable either in full or through a monthly installment plan. Families who choose to take advantage of the installment plan must guarantee their payment with a valid credit card. Credit cards will be billed on or about the first of the month. Each swimmer must fill out the attached registration form and pay fees per the schedule on page 2. Program fees can be prorated (on a space available basis) for swimmers joining the program after 11/1/23. Checks for program fees must be made payable to: CITY OF ROCKVILLE or paid via Visa, MasterCard or cash.

Group	Member Fee	Non-Member Fee
National Training Group	\$1,777	\$2,090
Advanced Senior	\$1,373	\$1,615
Select Junior	\$1,585	\$1,865
Senior	\$1,012	\$1,190
Senior Developmental	\$859	\$1,010
Junior I	\$1,326	\$1,560
Junior II	\$723	\$850
Instructional Stroke School	\$701	\$825
High School Training Program	\$667	\$785

USA Swimming Registration:

All swimmers and coaches at RMSC MUST register with USA Swimming (thru the local swimming chapter: Potomac Valley Swimming). This registration is required to participate with a USA Swimming member club and entitles the swimmer to an excellent insurance policy and the right to enter meets during the year. Due to changes from USA Swimming, this registration must be handled directly by the swimmer and their family. Coaching / Admin staff cannot process USA Swimming registrations on the swimmer's behalf.

- USA Swimming requires all members (swimmers, officials, coaches, non-athletes) to register/reregister online directly with USA Swimming. At time of writing, this fee is \$98 annually per athlete (subject to change by USA Swimming).
- Once swimmers are registered for the RMSC program, a USA Swimming link unique to RMSC will be provided to each family. Each family will be required to set up a family account then register their swimmers and non-athlete members. USA Swimming will then collect the appropriate registration fees and notify RMSC that the registration is complete. This is a yearly process for all USA Swimming members. Returning swimmers should use the same account that was created for the 2022-2023 season must be used.
- New athletes joining USA Swimming should register as soon as the link is provided (after the start of the season).
- All swimmers must be registered with USA Swimming before beginning to practice. Failure to properly register with USA Swimming will result in swimmers being ineligible to practice and participate in meets. Swimmers who are currently registered (2022-2023) have until December 1, 2023, to complete the online registration process.

MISCELLANEOUS COSTS & SCHOLARSHIP OPPORTUNITIES

Swim Meet Entries:

Meet entry fees will NOT be the responsibility of each swimmer/family. All meet entry fees (individual and relay) will be paid by the RMSC Parents' Club.

Equipment:

Various training equipment is required per the swimmer's level. 8 & under swimmers need only a suit, swim cap, goggles, a kickboard and swim fins. Advanced swimmers are required to purchase some additional workout aids. Some of the merchandise is available at the front desk of the Swim and Fitness Center. Please speak with a coach prior to purchasing any equipment to confirm the group's requirements.

Instructional Stroke School Junior II/Senior/Senior Development: Fins and kickboard
Junior I/Select Junior/Advanced Senior Group, Senior Group: Fins/hand paddles/pull buoy/kickboard/snorkel (option but recommended)

National Training Group All the above with snorkel being required

Debbie Mermelstein Memorial Fund:

This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents' Club. Scholarship assistance for the cost of swim team participation is offered to those in need and will benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of this fund should email Head Coach Dave Greene at dgreene@rockvillemd.gov with their request and supporting documentation.

Jamie Martens Senior Scholarship Fund:

In unanimous consent, the RMSC Parents' Club Board of Directors established a scholarship fund for senior-level swimmers. It is available to any RMSC swimmer who might otherwise be unable to afford to participate in the RMSC program. Individuals interested in taking advantage of this fund should email Head Coach Dave Greene at dgreene@rockvillemd.gov with their request and supporting documentation.

New Swimmer Tryouts

A "New Swimmer" is any swimmer who did not participate in the 2022-2023 RMSC program at the Rockville Swim and Fitness Center. For these swimmers to have an opportunity to join the team by being evaluated and assigned to a practice group (space permitting), the following tryout opportunities have been created: Mon. 7/24/23 or Wed. 7/26/23. Pre-registration is required (no fee charged). To pre-register, visit www.rockvillemd.gov/registration and register for the "course number" from the chart below. Tryouts are held at the Rockville Swim and Fitness Center.

Swimmer Type	Option 1 Date / Time	Option 1 Course #	Option 2 Date / Time	Option 2 Course #
8 years old and under, new to club swimming	Mon. 7/24/23 4:00pm start	29349	Wed. 7/26/23 4:00pm start	29352
9-12 years old, new to club swimming	Mon. 7/24/23 5:00pm start	29350	Wed. 7/26/23 5:00pm start	29353
13 years old and over, new to club swimming	Mon. 7/24/23 6:00pm start	29351	Wed. 7/26/23 6:00pm start	29354
Current swimmers at other RMSC practice sites or other year-round USA Swimming club swimmers interested in transferring to RMSC-Rockville	Contact Dave Greene at 240-314-8755 / dgreene@rockvillemd.gov to discuss.			

Note: spaces available for new / transfer swimmers are VERY limited. Depending on returning swimmer registration, some groups may have little or no vacancies. See below for a description of our practice groups. Please be advised that due to the capacity constraints of the program, simply meeting group requirements does not guarantee a swimmer a place in the program.

FALL 2023 – WINTER 2024 RMSC ROCKVILLE SITE PRACTICE GROUPS

Group Assignments Note: Most returning RMSC swimmers will continue in the same group in which they swam during the Spring-Summer season unless otherwise specified by a coach. The coaches do, however, re-evaluate each swimmer's group assignment at the beginning of the season and make changes as necessary. Swimmers or parents wishing to discuss group assignments should contact Dave Greene at the Swim and Fitness Center.

Instructional Stroke School (ISS):

This group will consist of all 8 & under swimmers in the RMSC-Rockville program. Emphasis will be on competitive stroke mechanics, turns, starts, swim meet orientation, AND ON HAVING A FUN YEAR! It is recommended that swimmers practice a minimum of 2-3 times per week. Below are the minimum criteria, by age, for joining the group:

6 and under: Ability to complete 2 lengths of freestyle and backstroke, stopping only at the wall when the length is complete. Ability to blow bubbles underwater while swimming. Have an idea of breaststroke and butterfly, even if unable to perform the stroke legally.

7-year-old: All the requirements for 6 and under swimmers. Additional ability to swim 1 length of EITHER breaststroke or butterfly legally.

8-year-old: All the requirements for 6 and under swimmers. Additional ability to swim 1 length of BOTH breaststroke and butterfly legally. Ability to complete a 100 IM legally.

Junior II:

Primarily consisting of swimmers 9 to 12 years of age, the emphasis for this group is on perfecting swim technique as well as being an introduction to competitive swimming. Coaches require 2 practices per week minimum and recommend 3 or more practices per week. Swimmers must participate in at least one meet every other month. Below are the minimum criteria for joining the group by age:

9 -10 year-old: ability to: swim 4 non-continuous lengths of each stroke legally; complete 4 lengths continuous freestyle; complete 4 lengths continuous non-freestyle of two other strokes (backstroke, breaststroke or butterfly); complete a legal 100 IM; perform or attempt flip turns and hand first dives off the starting block. (those in the RSFC swim lessons program should have completed Youth 6-Swim Team Prep.)

11-12 year-old: ability to: swim 2 continuous lengths of each stroke legally; complete 8 lengths continuous freestyle; complete 4 lengths continuous non-freestyle of two other strokes (backstroke, breaststroke or butterfly); complete a legal 100IM(11 y.o) / 200IM(12 y.o); perform free/back flip turns, hand first dives from starting block and legal finishes for all strokes.

Junior I:

This group will consist of swimmers 9 to 12 years of age and is by invitation only. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper-level swimming in the RMSC program. Swim meets will be required. Coaches require 4 or more practices per week.

Select Junior:

This group is by invitation only, for dedicated swimmers ages 9 to 14 with the goal of becoming nationally qualified. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training. Swimmers are required to attend 6 to 7 practices per week.

Senior Developmental:

This group, for swimmers ages 13 to 18, will focus on the development of proper stroke mechanics, fitness, and introduction into competitive swimming. Swimmers in this group will be permitted to attend Senior Group practices with permission of their coach.

High School Training Program:

This group will cater to those athletes who are participating in their high school swim team program and are looking for a little more practice time. The group will practice along with the Senior Developmental Group during the high school season. The program will run from Monday, November 6th 2023 through Friday, February 23rd 2024.

Senior:

This group is for swimmers, ages 13 to 18, who desire to swim in a senior-level group. Swimmers are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual swimmer's goals and capabilities. Swimmers in this group are expected to participate in meets throughout the season. This group requires attendance at a minimum of 3 practices per week and the dryland workout.

Advanced Senior:

This group will be for swimmers, ages 13 to 18, who have the desire and ability to advance to the National Training Group. This group will provide the swimmers a transition from elite-level junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing swimmers to advance to and succeed in the senior levels of Potomac Valley. Coaches recommend a minimum of 5 practices per week.

National Training Group:

RMSC's top senior swimmers, ages 13 and over, will train in this group. Swimmers will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level. Swimmers are expected to attend all practices.

Veterans Return to Practice in August

Swimmers in Select Junior, Junior 1, Advanced Senior or the National Training Group will begin practice in August, (see schedule below). All veteran RMSC swimmers not in Select Junior, Junior 1, National Training Group or Advanced Seniors should report to practice per the regular schedule shown on the next page, starting Mon. 8/28/23. If you are unsure of your placement for the fall / winter season, please contact Dave Greene at (240) 314-8755 or dgreene@rockvillemd.gov.

2023 RMSC, ROCKVILLE "PRE-SEASON" PRACTICE SCHEDULES (see below for start date)

SELECT JUNIOR/ JUNIOR I / ADVANCED SENIOR GROUPS:

MON - FRI: (Begins Mon. 8/14/23 to Fri. 8/25/23)

6:00 – 7:30 am Outdoor Fitness Pool

NATIONAL TRAINING GROUP (NTG):

MON – FRI: (Begins Mon. 8/21/23 to Fri. 8/25/23)

7:30 – 9:00 am Outdoor Fitness Pool

RMSC, ROCKVILLE SITE - 2023 FALL PRACTICE SCHEDULES
AUGUST 28, 2023 – MARCH 22, 2024

INSTRUCTIONAL STROKE SCHOOL

MONDAY:	7:00 – 8:00 p.m.	South Pool
WEDNESDAY:	6:30 – 7:30 p.m.	South Pool
THURSDAY:	5:45 – 6:30 p.m.	South Pool
SUNDAY:	8:30 – 9:30 a.m.	South Pool

JUNIOR II

TUESDAY:	4:45 – 6:00 a.m.	North Pool
THURSDAY:	6:30 – 7:30 p.m.	South Pool
THURSDAY:	4:45 – 6:15 a.m.	South Pool
SATURDAY:	7:30 – 9:00 a.m.	North Pool
SUNDAY:	3:00 – 4:00 p.m.	South Pool

JUNIOR I

MONDAY:	6:00 – 7:00 p.m.	South Pool
TUESDAY & THURSDAY:	4:45 – 6:15 a.m.	South Pool
WEDNESDAY:	4:40 – 6:00 a.m.	North Pool
FRIDAY:	7:00 – 8:00 p.m.	South Pool
SATURDAY:	7:30 – 9:00 a.m.	South Pool
SUNDAY:	7:30 – 8:30 a.m.	South Pool

SELECT JUNIOR

MONDAY & FRIDAY*:	4:40 – 6:00 a.m.	North Pool
TUES, WED, & THURS:	4:45 – 6:15 a.m.	South Pool
TUESDAY & THURSDAY:	4:30 – 6:00 p.m.	North Pool
WEDNESDAY:	5:00 – 6:30 p.m.	South Pool
FRIDAY*:	5:15 – 7:00 p.m.	South Pool
SUNDAY:	6:00 – 8:00 a.m.	North Pool

*Friday practices will be divided by age group (12+under / 13+over) and alternate weekly between AM and PM practice.

Dryland Training: Mon. 4:30 – 5:30pm & Wed. 4:00 – 5:00pm

SENIOR DEVELOPMENTAL

MONDAY:	8:00 – 9:00 p.m.	South Pool
WEDNESDAY:	7:30 – 8:30 p.m.	South Pool
THURSDAY:	4:45 – 6:15 a.m.	South Pool
FRIDAY:	8:00 – 9:00 p.m.	South Pool

Dryland Training: Wed. 6:45 – 7:30pm

*Note that the High School Training Program joins the Senior Developmental group from 11/6/23 – 2/23/24.
See page 11 for more details.*

SENIOR

MONDAY:	8:00 - 9:30 p.m.	South Pool
WEDNESDAY & FRIDAY	3:30 – 5:00 p.m.	North Pool
THURSDAY:	4:40 – 6:00 a.m.	North Pool
SUNDAY:	6:00 – 7:30 a.m.	South Pool
Dryland Training: Sun. 7:30 – 8:30am & TBD		

ADVANCED SENIOR GROUP

MON. WED, FRI:	3:30 – 5:00 p.m.	North Pool
TUESDAY:	6:00 – 7:30 p.m.	South Pool
THURSDAY:	4:30 – 6:00 a.m.	North Pool
SUNDAY:	6:00 – 7:30 a.m.	South Pool
Dryland Training: Tues. 5:00 – 5:45pm, Fri. 5:15 – 6:00 pm & Sat. 7:45 – 8:30am		

NATIONAL TRAINING GROUP:

MONDAY & TUESDAY:	3:45 – 6:00 p.m.	South Pool
MONDAY & FRIDAY:	4:45 – 6:15 a.m.	South Pool
WEDNESDAY:	3:30 – 5:00 p.m.	South Pool
THURSDAY:	3:30 – 5:45 p.m.	South Pool
FRIDAY:	3:30 – 5:15 p.m.	South Pool
SATURDAY:	5:30 – 7:30 a.m.	South Pool
Dryland Training: Sat. 8:00 – 9:00 am & Wed. 5:15 – 6:15 pm		

Updated: 7/12/23

Note: Practice Schedules are subject to change based on swim meets, holidays, special events and other factors. Listen to updates from the coaching staff and keep an eye on your email for any changes. Planned practice changes will be posted to www.rockvillemd.gov/rmsc.

**PLEASE
PRINT
CLEARLY**



Office Use Only:

Date Processed in Rec 1: _____

Initials: _____

RMSC SWIM TEAM REGISTRATION FORM

Please make one check payable to "RMSC Parents' Club, Inc." for Registration Fees

Please make second check payable to "The City of Rockville" for Program Fees

PARENTS / GUARDIAN NAMES _____

Last First MI.

Last First MI.

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Primary Phone _____ Parent / Guardian 1 Cell # _____ Parent/Guardian 2 Cell # _____

Email (very important): _____

Please send an email message to jperkins@rockvillemd.gov to ensure that we have your correct email address on file for newsletter distribution.

Swimmer's Name(s) Last, First M.I.	Gender	DOB	Group	Suit Size & Style	Shirt Size

Release, Waiver, Assumption of Risk and Consent and MAAPP Acknowledgement

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Policy Acknowledgement - Minor Athlete Abuse Prevention Policy (MAAPP): I acknowledge that I and all other adults/guardians related to the swimmer have received, read and understood the Minor Athlete Abuse Prevention Policy (available online at www.usaswimming.org/Home/safe-sport). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of participation with Rockville-Montgomery Swim Club (USA Swimming member club).

Signature of Participant/Guardian _____ Date _____